

W

Wash your hands often.



H

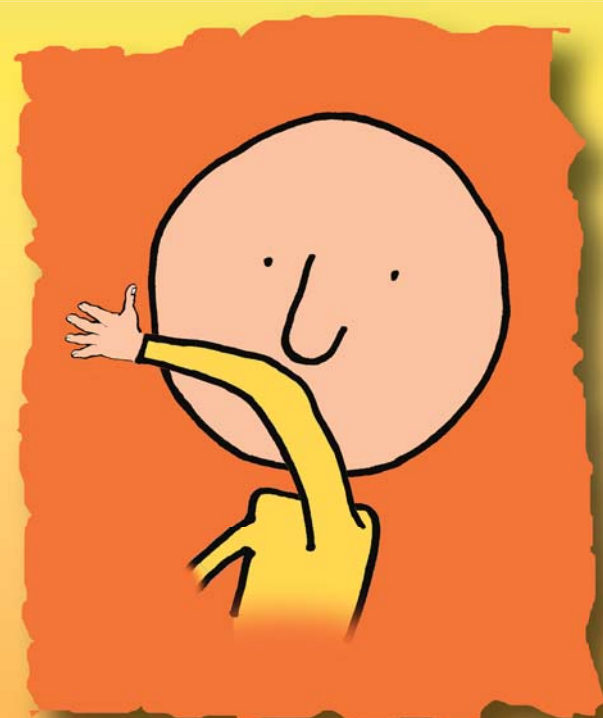
Home is where you stay  
when you are sick.

A

Avoid touching your eyes, nose,  
and mouth.

C

Cover your coughs  
and sneezes.



K

Keep your distance from  
people who are coughing and  
sneezing.

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•

...the flu

Materials adapted for use in Missouri  
Courtesy of the City of Berkeley Public Health  
[www.cityofberkeley.info/publichealth](http://www.cityofberkeley.info/publichealth)  
and the Napa County Public Health  
[www.co.napa.ca.us/publichealth](http://www.co.napa.ca.us/publichealth)



Missouri Department of Health and Senior Services  
[www.dhss.mo.gov](http://www.dhss.mo.gov)  
Toll Free 866-628-9891

This health information is part of the Missouri's pandemic influenza educational efforts.